

THE RESPONDER

March 2010



Psychological 1st Aide 2

Awards and Recognition 3

Spot Light 3

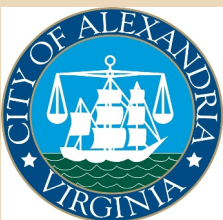
Stats 4

Hot Shots 5

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On the web!
www.alexandriava.gov/fire



Mayor's State of The City Address

Mayor Bill Euille delivered his annual State of the City address at The Station at Potomac Yard, a new combination fire station-workforce housing-retail building, to showcase what the city hopes is the beginning of a vibrant neighborhood. The bay of the fire station was cleared of apparatus to accommodate over

great routines, followed by the Mayors Address.

The Mayor used the platform to identify some realities the city faces as it attempts to close a \$44 million budget deficit —namely a



Alexandria Pipes and Drums and AFD Honor Guard



Mayor Euille, Anthony Kelly, Councilwomen Hughs, and Councilman Kurpicka

140 in attendance.

The Mayor's address began with the combined public safety Honor Guard led by Alexandria Pipes and Drums. Our very own Callie Terrell honored the attendees with the Star Spangled Banner. The Hot Topic Cheerleading Team performed several

possible nine-cent hike in residential real estate taxes.

"No one wants higher taxes, particularly during a recession," Euille said.

"However, it will likely be

one of the means needed to help close this gap."

"Alexandria is currently in its most serious budget crisis in recent memory," he said, blaming falling real estate assessments and cuts

from the state.

He highlighted the Office of Building and Fire Code Administration, (OBAFCA). Mayor Euille pointed to the multi-agency permit center that offers "one-stop shopping" for same-day processing, plan review and issuance of required city permits and licenses and a plan to streamline and manage business tax payments.



Hot Topic Cheerleading Team

Psychological First Aid submitted by Captain Ross

How often do we think about getting first aid for our psychological well being? Our profession causes us to face many challenges both physically and mentally. Often times our mental health needs a little attention, yet we overlook that aspect of our health. It is ok to ask for help, and it is ok to reach out to others to talk about events that are disturbing or other job related issues that bother us. We need to be aware that sometimes our mind and emotions need a little doctoring, too.



Matthew McDermott / Corbis Sygma

We have all been on that emergency where the “call” or the “run” itself and the reaction to it is varied based upon each individual. Some firefighters and other responders get emotionally shaken during the call or after the call. Sometimes we incorporate humor into our station life after a disturbing call to help

fix what we may be feeling or help us deal with what we may have just seen. Sometimes we might take a little breather, get some air, spend some time alone, or go exercise and sweat it out; but for some the effect of a disturbing call may have a more intense and negative reaction on that individual. We are all different and everyone handles the exact same run in a variety of ways.

We are in the business of going to places and scenes where some bad stuff has happened and that has to be expected. Sometimes it is really bad and horrible stuff, and sometimes it is the worst it could possibly be. Things, events, and stuff we may encounter are often unthinkable and unimaginable, until the day it actually happens. The incident is in the eye of the beholder and it can go from bad, to worse, to mind blowing.

In some places, help or support comes in the form of qualified folks doing what they can to help (CISM, grief counseling, EAP, etc.) In other instances there are some highly unqualified folks who act and say that they understand but are clueless. Often times it is important that individuals seek professional help when they are in need of psychological first aid; however, some situations can be discussed in a

one-on-one discussion with others who do understand. An informal discussion can work with someone who has “been there, done that”. That approach or format may work well for some individuals; and in other cases, some firehouse humor works to help take the edge off, but it all depends on the individual and the situation.

It really depends on who needs the help; who they are, their background, their time and experience on the job, their history (personal and professional) etc., and it depends on who is delivering the help. It really just depends, every situation will be different.

Sometimes taking the edge off with some humor is quick and easy, and sometimes it all gets better. Sometimes it doesn't get better. Get help if you need it, don't be afraid to take care of every aspect of your health, and look out for those that work around you. Stay safe and take care!



Mike Shaffer

Awards and Recognition



Joshua Weissman
EMS Call of the Quarter



Martie Tuthill
EMS Call of the Quarter



Brianne Barbour
successfully completed
her ALS internship.



Matt Strauss was awarded
the 2010 Jaycee's James
Short Award



John Silverwood
EMS Call of the Quarter



Tiffany Matthews
EMS Call of the Quarter



Johnny McCarther
EMS Call of the Quarter



Eric Kreisher
EMS Call of the Quarter

Spot Light



John and his cousins Julie (Left) and Justine (Center)

John was born in Montpellier, southern France where he was raised by his mother and grandparents. He

graduating from Bridgewater College with a degree in Political Science and Spanish, John moved to Northern Vir-

ginia to work at a law firm as a legal assistant. After changing law firms, John joined the Sterling Volunteer Fire Company in Loudoun County where he still remains active as a firefighter after seven years.. After deciding that a career change was in order, John took employment with Loudoun County as an Inspector for two years before applying for the position of Fire Inspector with the Alexandria Fire Department. John joined the ranks of the Alexandria Fire Department in June of 2007 as a Fire Inspector before being promoted to the position of Deputy Fire Marshal in September 2008. John is fluent in Spanish and French in addition to English, his adoptive language. John enjoys traveling, fishing, shooting, cooking, going to the movies and spending

John moved to the United States by himself in 1995 at the age of 18. He arrived in the Shenandoah Valley and settled in Dayton, VA just outside of Harrisonburg where he lived and worked on a turkey farm for two years. John graduated from Turner Ashby HS before attending Bridgewater College. John spent his junior year in Mexico where he met Rubi, his wife of 11 years. Upon

February Communications Statistics

FIRE ALARM HEADQUARTERS CALLS PROCESSED	
911	1,078
Administration Received	4,600
Administration Dialed	1,795
Dispatched Calls	
Total calls	7,506

February 2010 Run Statistics

	Unit	EMS	SUP	TOTAL	Current Yr	Previous Yr
Station 201	E201	29	104	133	246	1,439
Station 202	M202	129	36	165	342	2,250
Station 203	E203	43	68	111	218	1,212
	T203	16	70	86	174	1,003
Total		59	138	197	392	2,215
Station 204	E204	45	61	106	198	1,375
	T204	7	85	92	203	1,451
Total		52	146	198	401	2,826
Station 205	E205	40	108	148	321	2,105
	M205	169	39	208	443	3,045
Total		209	147	356	764	5,150
Station 206	E206	73	112	185	355	2,139
	M206	175	48	223	452	2,863
	R206	0	0	0	0	234
Total		248	160	408	807	5,236
Station 207	E207	85	98	183	346	2,171
	M207	146	25	171	367	2,523
Total		231	123	354	713	4,694
Station 208	E208	91	121	212	458	2,944
	M208	194	45	239	479	3,026
	T208	18	81	99	231	1,465
Total		303	247	550	1,168	7,435
Station 209	E209	49	61	110	234	1,440
	H209	0	0	0	0	0
Total		49	61	110	234	1,440
Station totals		1,309	1,162	2,471	5,067	32,685

HOT Shots



Flood waters at Strand and Prince Street



Bethany Richards at the State of the City Address



Henry Cook and John Silverwood discuss LDH



Bethany Richards and Callie Terrell



Overturned trash truck at Eisenhower connector



Overturned trash truck at Eisenhower connector



Jeff Harrison at TC Williams outreach



John Morehead, Anthony Kelly Council Women Hughs and Fred Ruff